



Fat Can Be Heart Healthy

EAT LESS SATURATED FAT and replace it with unsaturated fats, especially polyunsaturated fats, to lower your risk for cardiovascular disease.

If you believe eating low-fat foods is always best for heart health, consider this: the total amount of fat you eat is not as important as the type of fat you eat.

Different fats affect your health differently. Let's take a closer look at saturated fats.

In 2017, a panel of medical experts released an advisory from the American Heart Association. The scientists reviewed the latest research on dietary fats and cardiovascular disease and strongly concluded that lowering the intake of saturated fat and replacing with unsaturated fats will lower the occurrence of cardiovascular disease.

Specifically, the expert panel advised to shift food choices from those high in saturated fats to those high in polyunsaturated and monounsaturated fats.



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Look for health fats



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Trendy food recipe!

Sources of saturated fat

- Whole milk dairy products
- Butter
- Cocoa butter
- Fatty cuts of meat
- Poultry skin
- Bacon
- Sausage
- Palm oil
- Coconut oil

Sources of polyunsaturated & monounsaturated fat

- Plant-based oils such as safflower, sunflower, corn, soybean, peanut, canola and olive
- Nuts
- Seeds
- Avocados
- Fatty fish

SATURATED FATS found in animal products and tropical oils, have the greatest effect on increasing LDL (low-density lipoprotein), sometimes called "bad" cholesterol. It makes up most of your body's cholesterol.

Source: (American Heart Association Presidential Advisory, 2017)



Mix up your oils!

Simple Steps for Heart Health

Vegetable oils sold on grocery shelves have a mix of saturated and unsaturated fatty acids—some in greater amounts than others.

Olive oil, rich in monounsaturated fats, is important in the heart-healthy Mediterranean style of eating. But other vegetable oils are high in polyunsaturated fats, which have their own health benefits.

So which oil should you use? To get a good mix of unsaturated fats, mix them up!

For example, cook with canola oil and use olive oil when you want its flavor on salads or vegetables. Canola oil has a neutral flavor, high smoke point (tolerates high heat) and is relatively inexpensive.

Soybean oil is often in prepared foods (like salad dressings, mayonnaise and margarine) and restaurant foods. And if a bottle of oil is labeled as “vegetable oil,” it’s most likely from soybeans.

Nutrition Label Fat Facts

- Total fat is the total amount of unsaturated, saturated and trans fat. Both saturated fat and trans fat can raise your blood cholesterol level and heart disease risk.
- Eat as little trans fat as possible.
- Check the ingredient list to avoid foods with hydrogenated oils. Oils are hydrogenated to keep them solid at room temperature.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

DID YOU KNOW?
If the oil is listed as vegetable oil, it is probably made from soybeans.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Eat Like the Greek!

Following a Mediterranean-style dietary pattern is considered one of the best ways to eat for healthy aging. But what is a “Mediterranean diet?”

What it’s not: refined pasta loaded with meatballs or sausage; rich creamy sauces; pizza loaded with cheese and pepperoni.

What it is: Think of whole foods traditionally eaten by working-class people in the Mediterranean region years ago when meal times were a priority. They ate what they grew, raised or caught—along with what was available from local gardens and markets.

Enjoy the health benefits of the Mediterranean-style eating.

- Choose more plant foods like fruits, vegetables, beans and legumes.
- Experiment with fish entrees rich in omega-3, such as trout, salmon, mackerel and tuna (albacore).
- Add olives, nuts and olive oil to snacks and salad.

The bottom line for heart health: Eat more whole, plant-based foods and fewer animal-based foods and processed foods. Choose heart-healthy fats; limit refined grains and added sugars.

IT’S NOT ALL ABOUT FATS. Fiber is essential to a heart health, too. A Mediterranean-style diet that is rich in a variety of beans, nuts, seeds, fruits, vegetables, and whole grains will deliver a wide array of cholesterol-lowering soluble fibers.



PHYSICAL ACTIVITY makes muscles stronger, including your heart.

Exercise Your Heart Muscle

A strong heart can pump out more blood with each beat. When your heart works better, it doesn’t have to beat as fast. This stronger push and slower beating can keep your blood pressure lower.

Activity also helps your body pull more oxygen from your blood. More oxygen to your heart and other muscles means you can work harder, dance longer or hike up a hill without getting winded.

Bonus! Physical activity is a good way to boost HDL (high-density lipoprotein), or “good” cholesterol. HDL absorbs cholesterol and carries it back to the liver. The liver then flushes it from the body.

High levels of HDL cholesterol can lower your risk for heart disease and stroke.

Be Active. Eat Healthy!

This month, I will take action by...

Newsletter sources:
<https://pubmed.ncbi.nlm.nih.gov/28620111/>
https://www.nutritionletter.tufts.edu/healthy-eating/why-the-low-fat-diet-failed?MailingID=26&st=email&sc=WU20200331-Sub&utm_source=ActiveCam%E2%80%A6



Need help finding a food pantry, free hot meals or community garden?
Call 2-1-1 for resources available in your area.



Spaghetti Squash



Serves 2-8, 1 squash, \$0.75-\$1.50 per pound

Ingredients:

- 1 whole spaghetti squash, rinsed under water
- Topping ingredients as you choose
 - Drizzle the squash with a some oil. Sprinkle a little salt and pepper or try nutmeg, onion or garlic powder.
 - Top with your favorite pasta sauce.
 - Try adding sautéed veggies.
 - Add a sprinkling of cheese.
 - Include beans, tofu, or cooked protein.

Instructions:

1. Cut the squash in half lengthwise, crosswise or in 1-inch rings. If squash is too tough to cut, microwave or bake for a few minutes until squash is warm to the touch and soft enough to cut.
2. Remove seeds and stringy fibers with a spoon.
3. Cook squash. The squash flesh should be easily pierced by a fork when done.

Microwaving Instructions (shortest cooking time):

Place squash cut side down on a microwave-safe dish with 1 to 2 tablespoons water. Cook on HIGH for about 12 minutes for a medium sized squash. Time will vary depending on size of squash and power of the microwave. Squash is done when the shell can be pierced with a fork and the flesh separates into strands.

Make sure you refrigerate leftovers within 2 hours to avoid the danger zone of 40-140 degrees F.

Decoding Healthy Fat

Use the key to unlock these sources of healthy, unsaturated fat.

A	B	C	D	E	F	G	H	I	J	K	L	M
12	5	19	10	3	21	17	23	14	24	2	26	15
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
22	7	25	9	1	18	11	6	13	20	4	16	8

1 _ _ _ _ _
18 12 26 15 7 22

2 _ _ _ _ _
15 12 19 2 3 1 3 26

3 _ _ _ _ _
12 26 15 7 22 10 18

4 _ _ _ _ _
7 26 14 13 3 18

5 _ _ _ _ _
20 12 26 22 6 11 18

6 _ _ _ _ _
19 12 22 7 26 12 7 14 26

Baking Instructions: Bake in the oven. Choose a baking temperature between 350 to 425 degrees F. Line a baking dish with foil for easier clean up.

- For a “roasted” flavor, rub cut edges with a little vegetable oil (optional), place cut side down in the pan and bake uncovered.
- For a “steamed” texture, add ½ cup water to the pan and cover with foil.
- Check for doneness after about 40 minutes. Larger squash and lower oven temperatures may take longer to cook. Squash is done when the shell can be pierced with a fork and the flesh separates into strands.
- Let sit for 10 minutes or until squash is cool enough to handle. Use a fork to gently scrape the inside of the squash to make spaghetti-like strands.

Nutrition Information (per 1/2 cup serving of spaghetti squash): 20 calories, 0 grams fat, 5 grams carbohydrates, 1 grams fiber, 1 grams protein, 15 milligrams sodium

Recipe adapted from Oregon State University Food Hero: <https://foodhero.org/recipes/spaghetti-squash>

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